



# Riverstone High School



*Personal Responsibility In Delivering Excellence*

## BULLETIN – 9 December 2019

### **Tuesday 10 December**

Years 7,8 and 9 Reports Issued

### **Wednesday 11 December**

PRESENTATION EVENING

### **Friday 13 December**

PRIDE EXCURSION – Raging Waters

### **Wednesday 18 December**

LAST DAY OF SCHOOL

### **Wednesday 29 January 2020**

YEAR 7 STUDENTS START SCHOOL

### **Thursday 30 January 2020**

ALL STUDENTS RETURN TO SCHOOL

**“Any time we think the problem is “out there,” that very thought is the problem.”**

**- Stephen Covey**

### **UNIFORM SHOP**

**PLEASE SEE THE BACK PAGE FOR  
UNIFORM SHOP HOLIDAY OPENING  
HOURS**

### **TOP PRIDE POINT EARNERS**

<b>YEAR 7</b>	<b>-</b>	<b>Salwan J</b>
<b>YEAR 8</b>	<b>-</b>	<b>Riya P</b>
<b>YEAR 9</b>	<b>-</b>	<b>Jireh B</b>
<b>YEAR 10</b>	<b>-</b>	<b>Emily P</b>
<b>SUPPORT</b>	<b>-</b>	<b>Danny P</b>

### **IMPORTANT DATES**

**WEDNESDAY 11 DECEMBER 2019  
PRESENTATION EVENING**

**WEDNESDAY 29 JANUARY 2020  
YEAR 7 START**

**THURSDAY 30 JANUARY 2020  
YEARS 8, 9 & 10 RETURN TO SCHOOL**

## **SCHOOL HOLIDAYS THURSDAY 19 DECEMBER – TUESDAY 28 JANUARY**

With holidays fast approaching it is important that our students take some time out during their holidays to “Sharpen the Saw”.

*So, what does it mean to “Sharpen the Saw”?*

Sharpen the Saw means to have balance in your life. There is a story of a person who was sawing down a tree and not making a lot of progress. When a passerby asked them why they didn’t stop sawing to sharpen their saw, they remarked that they were too busy sawing. Habit 7 reminds us that we are more productive when we are in balance—body, mind, heart and soul.

It’s all about BALANCE, being able to use all the habits to ‘make’ the time to refresh, revitalise and refuel all of the four areas.

If the tree chopper, chose to stop and sharpen their saw they may seemingly ‘lose’ time yet by stopping they stand to achieve so much more.

By taking time to Sharpen the Saw we are all likely to be more effective, efficient and achieve more satisfying results.

Some ideas to Sharpen the Saw:

**BODY** - Play outside, ride a bike, kick a ball around, go to the park, walk around the block, put some music on and make up a dance, eat healthy, sleep well, try to relax, do some yoga/stretchers etc.

**MIND** - Balancing reading with TV watching or making better choices about what you watch, do puzzles, paint or draw, play a board or card game (Eg: Uno, Snap, Monopoly, Scrabble, Guess Who, Connect Four, Battle Ship etc), brain teasers, crosswords, find a word, suduko etc.

**HEART** - Create a list of what makes you happy and choosing to do something on the list every day. It could be spending time with special friends and family. Write a letter, make a card, draw a picture for someone ‘just because’, say I love you often, smile at people, and do something ‘nice’ for someone.

**SOUL** - Start a journal, read inspiring books or poetry, meditate, enjoy nature, sit quietly and listen to soft music, every night before bedtime spend some time to think about the good things in your life.

### **A REMINDER:**

**YEAR 7 RETURN WEDNESDAY 29 JANUARY 2020**

**YEARS 8, 9 & 10 RETURN THURSDAY 30 JANUARY 2020**

## RIVERSTONE HIGH SCHOOL PRESENTATION EVENING

Riverstone High School Presentation Evening will be held on Wednesday 11 December 2019 at 6.00 pm in the school auditorium. All family & friends are invited to celebrate the wonderful achievements of our students.

## 2020 SWIMMING CARNIVAL

The 2020 Swimming Carnival will be held on Tuesday 6th February 2020.

Permission notes will be handed out Day 1 2020.

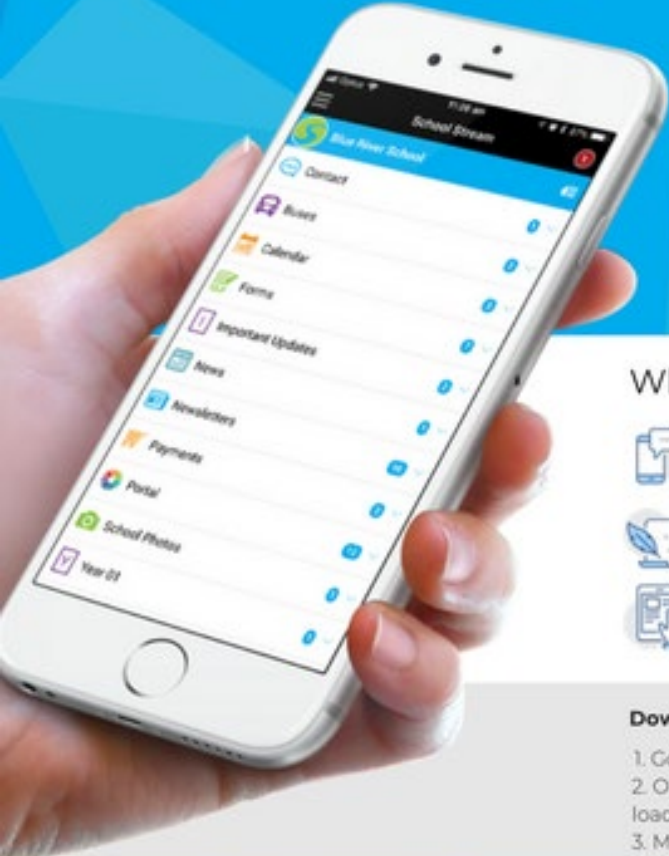
Congratulations to all Year 7 students who participated in Swim School from the 2nd-4th December. Students all learnt vital skills throughout the Swim and Survive program.

## BRAND NEW COMMUNICATION APP

Our School now has a brand new iPhone and Android App to help us communicate more effectively with our parent/student community. We are asking parents/students to install our Schoolstream School App.




From Monday 9 December 2019 we will no longer be using the Skoolbag App, so please delete it from your phone and install the new Schoolstream App.

To install it, please follow the instructions below.




# Download our school app for free!



### Why download the app?

-  Receive instant notifications for important news.
-  Easily register absentees and excursions.
-  Keep up to date with events and set reminders.

### Download instructions:

1. Go to the App Store and download "School Stream" to your phone.
2. Open the app and type the school's name into the search bar to load the school's profile.
3. Make sure you agree to Push Notifications when prompted.

 schoolstream

 facebook.com/SchoolStream  
 twitter.com/SchoolStreamApp

# THE SCHOOL LOCKER

## 2019 ORIENTATION DAY AND 2020 BACK TO SCHOOL TRADING HOURS

School Locker Uniform Shop will be open on  
Tuesday, 3 December 2019 ORIENTATION DAY and selected hours in  
the JANUARY SCHOOL HOLIDAYS.

Tuesday, 3 December 2019 (Orientation Day) 12.30pm - 3.30pm

Tuesday, 21 January 2020 1.30pm - 4.00pm

Thursday, 23 January 2020	8.00am-10.30am
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Friday, 24 January 2020	8.00am - 11.00am
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Tuesday, 28 January 2020	12.30pm - 3.30pm
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*The Uniform Shop is located upstairs in the front building.*